



City of Yonkers

Department of Parks, Recreation & Conservation
285 Nepperhan Avenue | Yonkers, NY 10701



WINTER 2020

Community Recreation

yonkersny.gov
register.communitypass.net/yonkers





MISSION STATEMENT

The Department of Parks, Recreation and Conservation operates and maintains, in partnership with the residents and visitors, a recreational system which enriches the quality of life for the present and future generations in a safe, enjoyable and affordable environment.

GUIDING PRINCIPLES

- Commits to serving and providing recreational opportunities to the best of our ability with respect and courtesy
- Encourages team work and mutual support with our employees and volunteers
- Provide stewardship of the City's Park Facilities



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

Winter is a great time of year to explore everything the City of Yonkers has to offer and our Parks Department offers tons of great programs to keep you and your family active all season long.

Ice skating and hockey at Yonkers' E.J. Murray Memorial Skating Center is a Yonkers winter tradition like no other for residents and visitors alike. We have completed upgrades and we are officially up and running! The rink, located at 378 Tuckahoe Road, offers popular skating lessons, adult and youth hockey and so much more. Check out the renovated lobby entrance, new offices and new mezzanine level at Murray's – it looks great!

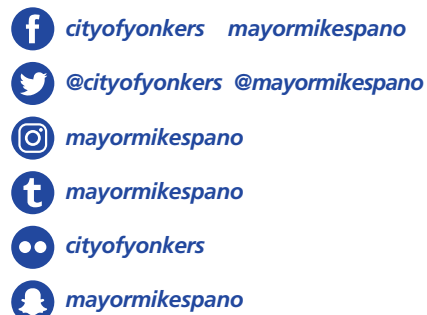
While the weather outside is chilly, it's nice and warm at our indoor swimming facilities – especially at Mark Twain Pool, our approved training center for Aquatics. There's many community recreation offerings there this winter season that are fun, challenging, and it's a great way to meet new friends.

Speaking of upgrades and renovations, we've completed some impressive projects that I think you'll enjoy. We have completed a new playground at War Memorial Field thanks to the non-profit partner "Alexandra's Playground", a fitness center at the top of Elm Street, a brand new playground and concession area at Richter Field, refurbished Cerrato Park with state of the art playground equipment and sprinkler system and new pavilions and bathrooms at Redmond Field. Also, there is now new LED field lighting at Fleming Field, thanks to a great partnership with Sarah Lawrence College. I thank my committed Parks Department staff for all of their dedication and hard work. Remember, although it's winter, personal fitness and recreation are still important and our city parks and playgrounds are always open for business!

If you ever have a question or concern, please don't hesitate to call the Office of Parks, Recreation & Conservation at 914-377-6450. For very important issues, call my 24-hour helpline at 914-377-HELP (4357) or email me personally at mayor@yonkersny.org.

Have a great winter Yonkers!

MIKE SPANO
Mayor



message from **MAYOR MIKE SPANO**

Be Part of YONKERS THIS WINTER

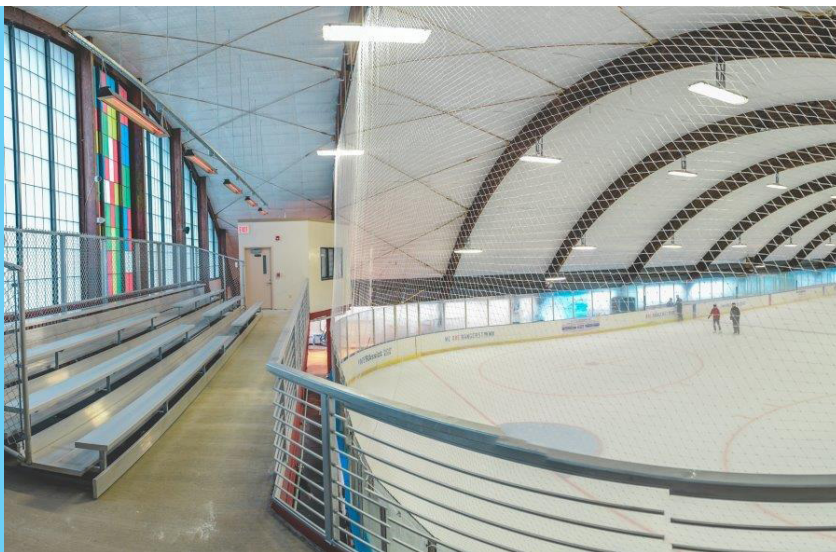


AQUATICS

Aqua Strength Total Body Workout is a 3-dimensional aquatic resistance strength class run by Aquatics professionals here in Yonkers. It's a fun and great way to meet new friends!

SKATING CENTER

E.J. Murray's Memorial Skating Center is one of the premier winter facilities in Westchester and just underwent \$2.3 million worth of renovations, including a newly created upper mezzanine viewing level. Whether you're a seasoned pro or first-time skater, Murray's is for you!



ANIMAL SHELTER

Yonkers' 11,000 sq. ft. Animal Shelter focuses on adoption. Be sure to stop by 1000 Ridge Hill Blvd. to enjoy quality one-on-one time with a prospective new pet.



CITY COUNCIL

Mike Khader, President
Shanae V. Williams, 1st District
Corazon Pineda-Isaac, 2nd District
Tasha Diaz, 3rd District
John Rubbo, 4th District
Mike Breen, 5th District
Anthony Merante, 6th District

DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

PARKS BOARD

James Letsen, Chairman
Geraldine Esposito, Vice Chairman
Jason Wilson
Donald Weigand
Bobbie Ann Flower-Cox
Matthew Orefice
Tom Meier, Jr.

Commissioner

Anthony Landi

Deputy Commissioner

Steve Sansone

Director of Maintenance

Gino Pugliese

Director of Recreation

Jose I. Alvarado

Recreation Supervisors

| | |
|-------------------|------------------|
| Lisa McKay Harris | Tara Conte |
| Frank Cardone | Andrea Velazquez |
| Marian Marji | Jennifer Villa |

E.J. MURRAY MEMORIAL SKATING CENTER

Patricia Urban
Rink Manager

YONKERS ANIMAL SHELTER

Almira Simpson
Animal Control Officer

Anthony Vezzuto
Deputy Animal Control Officer

COYNE PARK RIFLE RANGE

Christopher Rotolo
Range Officer

General Information

City of Yonkers Department of Parks, Recreation and Conservation
285 Nepperhan Avenue, Yonkers NY 10701

Monday - Friday 8:30 am to 4:30 pm, 914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. **MAIL-IN REGISTRATION IS NOT ACCEPTED.**

PAYMENT OPTIONS: Effective May 1, 2016 a Cashier's Check, Money Order, Visa, MasterCard, and Discover Card will be the only forms of payment accepted. Cash will no longer be accepted.

ONLINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make a online payments using Visa, MasterCard or Discover Card.

WALK-IN REGISTRATION: Walk-in registration takes place the day after online registration and will take place at 285 Nepperhan Avenue, starting at 9:00 AM. Please note that some classes will be full prior to 9:00 AM. You can make payment using cashier's check, money order, MasterCard, Visa or Discover Card.

AGE REQUIREMENTS: Age is determined as of the date of the first class unless otherwise specified. An adult class is for ages 18 years and older.

ABSENCES: Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: Full refunds will be issued for any program cancelled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their staff.

SPECIALISTS NEEDED: If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants and staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.



PROGRAMS AT A GLANCE

| | |
|------------------------------|----|
| Registration Details..... | 7 |
| Permit Division..... | 8 |
| Scholarship Information..... | 9 |
| Recreation Events..... | 9 |
| Recreation Events..... | 10 |
| Summer Camp..... | 11 |

PRE-K RECREATION

For information call 377-6440

| | |
|---------------------------|----|
| Time With Me..... | 12 |
| Little Learners..... | 12 |
| Pre-Ballet For Pre-K..... | 12 |

YOUTH/TEEN RECREATION

For information call 377-6440

| | |
|---------------------------------------|----|
| Young Painter's Corner..... | 13 |
| Crafty Kids..... | 13 |
| Chess..... | 13 |
| Baby-Sitting Training..... | 13 |
| Voice for Beginners..... | 14 |
| Voice for Intermediate and Teens..... | 14 |
| Teen Theatre..... | 14 |
| Theatre for Kids..... | 14 |
| Karate..... | 15 |
| Tennis for Kids and Teens..... | 15 |
| Ballet & Tap..... | 15 |
| Tap & Jazz..... | 15 |
| Ballet, Level 1 (ages 6 – 9)..... | 16 |
| Jazz/Lyrical Dance..... | 16 |
| Hip Hop..... | 16 |
| Family Knitting and Crochet..... | 16 |
| Acoustic Guitar..... | 17 |
| Intermediate/Advanced Guitar..... | 17 |
| Little Cooks..... | 17 |
| Fun-Tech (STEAM)..... | 18 |
| Teen Recreation Centers..... | 18 |
| Red Bulls Soccer Camps..... | 19 |
| U. S. Sports Institute Programs..... | 20 |

ADULT RECREATION

For information call 377-6438

| | |
|---|----|
| Adult Open Gym Basketball..... | 21 |
| Adult Non-Competitive Basketball League..... | 21 |

| | |
|--|----|
| SHINE DANCE FITNESS™..... | 22 |
| Slimmersize with a touch of Zumba® Fitness..... | 22 |
| Dance Exercise with a touch of Zumba® Fitness..... | 22 |
| Morning W.O.N.D.E.R. with a touch of Zumba® Gold..... | 22 |
| Adventures in Painting 101..... | 23 |
| Acoustic Guitar..... | 23 |
| Vinyasa Yoga Level 1/2..... | 23 |
| Dance Exercise with a touch of Zumba® Toning..... | 24 |
| Training Mat Workout..... | 24 |
| Tennis..... | 24 |

AQUATICS

For information call 377-6439

| | |
|--|----|
| Aquatics Program Overview..... | 25 |
| Starfish Swim School®..... | 26 |
| Starfish Stroke School™..... | 26 |
| Swim Placement Requirements..... | 27 |
| Starbabies™..... | 28 |
| Startots™..... | 28 |
| Learn to Swim for the Developmentally Disabled..... | 28 |
| Starfish Swim School® for Preschoolers..... | 28 |
| Starfish stroke School®..... | 29 |
| Starfish Swim Clinic™..... | 29 |
| Starfish Swim/Stroke School™ for Teens (Ages 13-17..... | 29 |
| HydroRevolution® Total Workout..... | 30 |
| Evening Lap Swim..... | 30 |
| Deep H2O Aquafit..... | 30 |
| Low Impact Aquacise..... | 30 |
| Senior Aquacise..... | 30 |
| SAF Drums/Vibes..... | 31 |
| Synchronized Swimming..... | 31 |
| Starfish Swim School® for Adults..... | 31 |
| Starfish Stroke School® for Adults..... | 31 |
| Aqua Zumba®..... | 31 |
| Yonkers Masters Swim Club..... | 32 |
| Recreation Open Swim..... | 32 |
| STARGUARD™ Lifeguard Training (Ages 16+)..... | 32 |
| Yonkers Condors Tsunami Swim..... | 32 |

E.J. MURRAY MEMORIAL SKATING CENTER

For information call 377-6469

| | |
|---|----|
| Public Skating Admissions..... | 33 |
| Public Skating Sessions..... | 33 |
| Tot/Skate 1 Trial Evaluation Class..... | 33 |
| Tot Class..... | 33 |
| Skate 1 and Skate 2 Class..... | 33 |
| Alpha, Beta, Gamma, and Delta Classes..... | 34 |
| Freestyle 1-8 Classes..... | 34 |
| Adult Open Hockey..... | 34 |
| New York Rangers Junior Rangers Rookie Series..... | 35 |

PROJECT FRIENDSHIP

For information call 377-6438

| | |
|-------------------------|----|
| Art Therapy..... | 36 |
| Bowling..... | 36 |
| Creative Painters..... | 36 |
| Creative Writing..... | 36 |
| Delightful Dining..... | 36 |
| Energetic Exercise..... | 36 |
| Hero Tennis..... | 36 |
| Music Therapy..... | 36 |
| Special Olympics..... | 36 |
| Storytelling..... | 36 |
| Theatre Workshop..... | 36 |
| Yoga..... | 36 |
| Young Adults Club..... | 36 |
| Zumba..... | 36 |

SENIOR CITIZEN RECREATION

For information call 377-6443

| | |
|--------------------------------|----|
| Center Locations..... | 37 |
| Bingo..... | 38 |
| Health & Wellness Classes..... | 39 |
| Line Dancing..... | 40 |
| Bernice Spreckman Dancers..... | 40 |
| Spring Dance..... | 40 |

COYNE PARK RIFLE & PISTOL RANGE

For information call 377-6488

| | |
|--------------------------|----|
| General information..... | 41 |
|--------------------------|----|

ANIMAL SHELTER

For information call 377-6730

| | |
|--------------------------|----|
| General information..... | 42 |
|--------------------------|----|

***The Parks Department is now offering
a limited number of scholarships
for our Camp, Little Learners, Skating
and Aquatics Programs.
For more information, please visit
www.yonkersny.gov/parks or call 377-6436.***



ONLINE REGISTRATION BEGINS

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation

**Thursday
December 18
at 8:00 PM**

AQUATICS: Thursday, March 5 at 8:00 PM

Swim Placement (Water Testing): Wednesday, March 4, 6:00 – 8:00 PM
Mark Twain Pool, 160 Woodlawn Avenue

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, and has some water experience, you must bring them to swim placement for correct placement in our swim classes. Swim placement is not necessary if you know your child is a White/Red (Beginner) in Starfish Swim School®, StarBabies™, StarTot™, Swim School for Teens and Swim School for Adults.

- Registration is open for all programs at E.J. Murray Memorial Skating Center
- Project Friendship: to register call (914) 377-6438
- Registration is not required to attend the Teen and Adult Recreation Center or Senior Citizen Centers/Programs

Register Online at

<https://register.communitypass.net/yonkers>

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, MasterCard or a Discover Card, and need a valid e-mail address.

Setting Up An Account

Go to <https://register.communitypass.net/yonkers>
Click on: "Create an Account" at the bottom. Complete the account forms. Make note of your User Name and Password.

To Add More Family Members

Click on "View Account" under useful links. Then click either "Add Child" or "Add Adult." After you have added your family members, click "Home" at top.

On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers>. Log in with User Name and Password in the "Existing Users" section at right.
- STEP 2.** Click "Register Now". Select the "Season" of interest to you. Examples: "Community Recreation– Winter 2019"
- STEP 3.** Verify your family information.
- STEP 4.** Select the desired "Group" at left. Select the desired programs. Click "Add to Cart."
- STEP 5.** On the "Select Participants" page, click the box next to the people you are registering, then click "Continue."
- STEP 6.** When the "Shopping Cart" page is complete, click "Continue to Checkout."
- STEP 7.** Make payment with Visa, Mastercard, Discover Credit/Debit Card. CapturePoint/Community Pass will send you an e-mail receipt that will confirm your successful registration.

How to Avoid Cancellations

Please register in advance to avoid program cancellations. A certain number of participants is required in order for a program to move forward. Every effort will be made to avoid cancelling a program. However, if this does occur, an announcement will be made in advance of the first meeting date.



Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities. All permits can be obtained by visiting www.yonkersny.gov/parks. Click on "Forms & Permits" on the left hand side of the screen.

INDOOR PERMITS are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due September 30. For additional information please call 377-6444.

OUTDOOR PERMITS are required for activities or events held at all parks facilities. Permits are required for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. Fall outdoor applications are available August 1 and due September 1. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1. For additional information please call 377-6442.

MOBILE CONCESSIONS PERMITS are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6442.

LIBRARY SPECIAL EVENT APPLICATIONS are available year-round. For additional information please call 375-7947.

SPECIAL EVENTS PERMIT APPLICATIONS are required for events held within the City of Yonkers. This includes any event that will preempt normal use of city space by the general public. For additional information please call 377-6427.

WEDDING CEREMONY/PHOTOS A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see photo, top right). Applications are available March to October. For additional information please call 377-6427.

COMMERCIAL VIDEO & PHOTO PERMITS are required for any filming in Yonkers. For additional information please call 377-6059.

JFK MARINA - ANNUAL AND DAILY PERMITS Daily and annual permits are available at the marina.

Season begins March 2019 till October 2019

The JFK Marina is located off Warburton Avenue John F. Kennedy Memorial Drive. Boat launching is available by permit from dawn to dusk, seven days a week for an Annual Resident/Non-Resident Fee of \$50/\$100 for Canoe or Kayak, \$150/\$300 for Jet Ski, and \$200/\$400 for Motorized Boats and Watercrafts. Day passes are also available on location for Residents/Non-Residents as follow: \$10/\$20 for Canoe or Kayak, \$20/\$40 for Jet Ski, \$30/\$60 for Motorized Boat or Watercrafts. For additional information call 377-6427.



COMMUNITY RECREATION \$CHOLARSHIPS

The City of Yonkers Department of Parks, Recreation and Conservation is now offering a limited number of scholarships for our Camp, Aquatics, and Skating Programs. Our scholarship program is meant to assist those who would not normally be able to participate in our programs by supplementing fees with scholarship funds made available to Residents. Scholarships are available first-come, first service to those who meet the criteria.

Applications accepted as follows:

Camp Rays, Pre-K Camp, Camp Pride and Little Learners
January 1 – March 31, 2020

Aquatics and Skating Programs

Year-round – must be submitted a minimum of 2 month prior to requested session

For more information and an application please visit www.yonkersny.gov/parks or call 377-6436.

SPECIAL RECREATION EVENTS



YONKERS IDOL COMPETITION

Auditions • Applications Required

Saturday, February 1, 2020, 9:00 AM

Nodine Hill Community Center, 140 Fillmore Street

Show – T.B.D.



SPECIAL RECREATION EVENTS



YONKERS PAL EASTER EGG HUNT

Saturday, April 11, 2020 • War Memorial Field - Copcutt Lane
(behind the Parks Department at 285 Nepperhan Avenue)

Bring your camera and join us for some fun with the Easter Bunny!
This event is for children up to 10 years old...Rain or Shine

Children are divided into the following groups for the hunt:

4 years old and under 10:00 AM

5 to 7 years old 10:30 AM

8 to 10 years old 11:00 AM

SPRING TRACK RACES

Boys and Girls, ages 4-14

Saturday & Sunday Mornings in April and May

Held at Roosevelt High School Track

631 Tuckahoe Road



Spring Dance

SENIOR CITIZEN SPRING DANCE

Theme: TBD

Thursday, April 9, 2020

10:00 AM - 2:00 PM

Free admission, entertainment, and surprises!

For more information on the Recreation Events please call 377-6436.



SUMMER CAMP 2019

The City of Yonkers is excited to offer These Summer Camp Programs!



Ages: 5-14 years

Fun for children 5-14 years old; campers must be 6 by December 31, 2019 and entering 1st grade in September. Choose from four conveniently located sites. Camp hours are 8:00 AM – 5:00 PM. Campers will enjoy a variety of indoor and outdoor activities plus exciting trips.

Pre-K Summer Camp

Ages: 3-5 years

A fun experience for our young campers with various outdoor and indoor activities. Campers must be completely toilet-trained (no diapers or pull-ups). Parents can select three or six weeks of morning fun at one of our three sites. Camp hours are 9:00 AM - 12:00 PM.

Camp Pride

Ages: 5+

A fun summer experience, for the developmental disabled community members. A full day camp program that will excite campers with numerous on-site and off-site activities. Parents can select three or six weeks of camp. Transportation, breakfast, and lunch are provided. All campers must be fully toilet-trained and not need 1 to 1 services.

***Stay tuned! All specific camp details will be in our Spring/Summer Brochure.
For more information, please call 377-6450.***



PRE-K RECREATION

Time with Me

Instructor: Tabitha Alston

Early childhood educators believe children learn while they play. In this popular class, children ages 12-36 months will enjoy creative play, crafts, singing songs, painting, and dancing. Each child registered must have an adult present; non-registered children are not permitted in the class.

Ages/Times: 18 - 24 months | 9:00 - 9:50 am
24 - 30 months | 10:00 - 10:50 am
30 - 36 months | 11:00 - 11:50 am
12 - 18 months | 12:00 - 12:50 pm

Dates: Saturdays starting January 18
and/or February 29

Location: Cola Community Center
945 North Broadway

Fee: \$50, Non-residents: \$75
*Each 5-week schedule
has a separate registration fee.*

Little Learners Half Day Pre-K Program 2020-2021

Children 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, and social interaction. Requirements: Children must be toilet trained (no diapers or pull-ups).

Registration will begin in July. For more information, please call 377-6440.

*Scholarships now available for our
Camp and Little Learners Program!
Please see page 9 for more information.*

Pre-Ballet for Pre-K

Instructor: Elisa Bonneau & Donna Moynihan

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games.

Maximum 10 students per class. **Requirements:**

Footwear: Ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Wear leotards and tights only.

No ballet skirts or costumes. Children should not wear rings, bracelets or necklaces.

Dates: Wednesdays, starting January 15
Fridays, starting January 17

Fee: \$95 for 12 classes, Non-residents \$120

WEDNESDAYS (with Donna)

School 16

759 North Broadway, at Roberts Avenue

Ages 3 – 4.5 years | 4:30 - 5:15 pm

Ages 4.5 – 5 years | 5:30 - 6:15 pm

WEDNESDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35 pm

FRIDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 5:00 - 5:45 pm

Ages 4.5 – 5 years | 5:45 - 6:30 pm



YOUTH/TEEN RECREATION

Young Painter's Corner

Instructor: Diana Capasso

Our instructor will guide our young artists step-by-step, showing them techniques to create custom masterpieces of their own. One each week on an 8"x10" canvas board. We believe everyone can be an artist! Look forward to an art show at the last class. We provide a painters apron that only covers the torso. Feel free to bring a longer apron, smock, or oversized T-shirt that provides more coverage. Supply Fee: \$20 cash fee due at first class.

Ages/Times: 7 - 9 years.....11:15 am – 12:15 pm
10 - 12 years....12:20 – 1:20 pm

Dates: Saturdays, starting January 18

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-Residents: \$120

Crafty Kids

Instructor: Diana Capasso

Boys and girls create fun crafts by exploring a variety of art styles from Picasso masks and American Indian dream catchers and rain sticks to working with Mother Nature's stone, sand, feathers, shells and wooden beads. Kids will be wowed with recyclables and what they can become. Also created, customized denim patches, jewelry crafts for those who like to wear their art, seasonal themed projects, and the big favorite: SLIME. **Supply fee:** \$10 cash fee is due at first class.

Age/Time: 5 - 6 years.....9:00 - 10:00 am
7 - 9 years.....10:00 - 11:00 am

Dates: Saturdays, starting January 18

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5 -12 years

Dates: Saturdays, starting January 18

Time: Beginner9:00 - 10:00 am
Intermediate10:00 - 11:00 am
Advanced.....11:00 am -12:00 pm

Location: Roosevelt H.S. • 631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

American Safety & Health Institute Certified Baby-Sitting Training (One Day Course)

Instructor: Tabitha Alston

We recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid, and caring for children will be discussed. A "Course Certification Card" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook. A bagged lunch is permitted. **Requirements:** Students must be 11-15 years of age at time of registration and **MUST pre-register** for this course according to the schedule below. Each student must bring a baby doll. **PARENTS:** Please arrive at 8:45 AM so the class can start on time.

Ages: 11 - 15 years

Dates: April 11, must register by April 1

Time: 9:00 am - 3:30 pm

Location: Nodine Hill Community Center
140 Fillmore Street
Inside Fleming Field parking lot

Fee: \$47 for everyone

Supply Fee: \$10 for supplies noted above
(cash only, to instructor at class)



YOUTH/TEEN RECREATION

Voice for Beginners

Instructor: Wendy Mitchell

Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Last class includes a recital for family and friends and a performance at a local nursing home. \$5 cash supply fee due at first class.

Ages: 8 - 12 years

Dates: Saturdays, starting January 18

Times: 10:00 -10:55 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120



Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners Class or have other singing experience plus Teens with or without experience. Last class includes a recital for family and friends and a performance at a local nursing home. \$5 cash supply fee due at first class.

Ages: 8 - 17 years

Dates: Saturdays, starting January 18

Times: 11:00 - 11:55 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Teen Theatre

Instructor: Mary Ann Penzero

Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Saturday, starting January 18

Ages: 12-17

Time: 10:00 – 11:00 am

Fee: \$95 for 12 classes, Non-Residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids

Instructor: Mary Ann Penzero

Instruction will include Theatre games and improvisation based on themes from stage and screen. Participants will enhance their experience by learning elements of stage craft including simple lighting, props, and costumes. Participants will enjoy performing in a structured environment.

Dates: Saturday, starting January 18

Ages: 8 -11

Time: 9:00 – 10:00 am

Fee: \$95 for 12 classes, Non-Residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 7

YOUTH/TEEN RECREATION

Karate

Instructor: Trent Perri

Learn self-defense movements for mental, physical, and emotional control of the body and mind. Students should wear comfortable clothes and must wear sneakers. New students completing this course will be awarded the rank of Orange Belt. Returning students who complete this course will be awarded the higher Yellow Belt rank. **Supply fee:** \$10 cash due at the first class is required of all students for belt and certificate.

Age/Time: Beginners, 8 - 12 yrs ...9:00 - 10:00 am
Beginners, 5 - 7 yrs.....10:00 - 11:00 am
Returning, 5-12 yrs11:00 - 12:00 pm

Dates: Saturdays, starting January 18

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation, and vocabulary while building self-esteem. Time is spent equally dancing ballet and tap. For students with or without experience. **Attire:** Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Everyone needs tap shoes. Girls wear any color long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt, boy's black tights. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting January 18

Time: 9:00 - 10:00 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120

Tennis for Kids & Teens

Instructors: Jon Lee & Juan Loney

Join our two tennis "Pros" for beginner classes in a comfortable, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Teen class is for teens with or without experience.

Requirements: wear sneakers and bring your tennis racquet

Ages/Times: 5- 6 years, 9:00 - 9:55 am
10-12 years, 10:00 - 10:55 am
7- 9 years, 11:00 am - 11:55 am
13-16 years, 12:00 - 1:30 pm

Dates: Saturdays, starting January 18

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents: \$120

Teen class is now 90 minutes

Fee is \$140 for 12 classes,

Non-residents: \$165

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap and jazz mixed with a Broadway style. Great for children who enjoy dancing! For students with or without experience. **Attire:** Tap shoes plus jazz or ballet shoes (See Ballet & Tap class). Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout pants. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting January 18

Time: 10:00 - 11:00 am

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120



YOUTH/TEEN RECREATION

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. **Attire:** Ballet shoes with either leather soles or soles with a leather strip/patch. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts, costumes or jewelry. Hair must be tied or pinned back. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 6-9 years

Dates: Fridays, starting on January 17

Time: 4:00 - 5:00 pm

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$95 for 12 classes, Non-residents \$120

Jazz/Lyrical Dance

Instructor: Elisa Bonneau

This jazz class is a combination of Broadway and contemporary styles. A basic, beginner level class for students with some, little or no experience. Students who have previously taken Elisa's Tap & Jazz class and are now 8-12 years old will enjoy this class. Newcomers welcome. **Attire:** Girls wear black jazz shoes and dance tops with leggings or jazz pants. Boys wear black jazz shoes, plain T-shirt (any color), and black pants or shorts. No jewelry please.

Ages: 8-12 years

Time: 11:00 am - 12:00 pm

Dates: Saturdays, starting January 18

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120

Hip Hop

Instructor: Elisa Bonneau

Beginners learn the hottest dance moves in an upbeat, energetic, and disciplined environment. Be sure to wear sneakers and loose clothing.

Ages: 8-10 years

Dates: Saturdays, starting January 18

Time: 12:00 - 1:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$95 for 12 classes, Non-residents \$120

Family Knitting and Crochet

Instructor: Victoria Steven

Knitting and Crochet are creative, relaxing pastimes. No experience? No problem! Create memories together at these inter-generational classes. Learn from an expert in a friendly, engaging environment.

BEGINNER (LOOM) KNITTING

Your first project is a scarf and matching hat in your favorite colors. Supply fee: \$20 cash per person due at first class. Youngsters must be 6-17 years of age and be accompanied by a participating adult.

BEGINNER CROCHET

Make a poncho or blanket in your favorite colors. Learn single and double stitches. Supply fee: \$15 cash per person due at first class. Youngsters must be 8-17 years of age and be accompanied by a participating adult.

Dates: Saturdays, starting January 18

Times: Knitting: 10:00 am - 11:00 am
Crochet: 11:00 am - 12:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fees: Knitting and Crochet classes have separate registration fees. Register for one or both programs. Each \$95 for 10 classes. Non-residents \$120. Fee is for one adult and one youngster in the same class. Add \$50 for a second youngster in that same class.



YOUTH/TEEN RECREATION

Acoustic Guitar

Instructor: Rob Hall

Beginners Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students. Extra cash fee at second class for instruction book. Beginners Plus is for students who have taken this class or have other experience and have begun to learn how to read music notes.

Requirements: Bring your own guitar.

Dates: Saturdays, starting on January 18

Ages/Times: 9–13 years Beginners, 9:00 - 10:00 am
10–16 years Beg Plus 10:00 - 11:00 am

Fee: \$95 for 12 classes, Non-residents: \$120

Location: Roosevelt High School
631 Tuckahoe Road

Intermediate/Advanced Youth & Teen Guitar

Instructor: Rob Hall

Expand your skills in chords, rhythms, melodies and reading for use in diverse playing styles. Advanced class is for students with more experience and the ability to read music notes. Maximum 10 students.

Requirements: Bring your own guitar. Extra cash fee at second class for new students to purchase instruction book.

Ages: Both classes 12-17 years

Times: Intermediate, 11:15 am – 12:15 pm
Advanced, 12:15 – 1:15 pm

Dates: Saturdays, starting January 18

Fee: \$95 for 12 classes

Location: Roosevelt High School
631 Tuckahoe Road

Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and more will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. **Supply fee:** \$15 cash is due at the first class. **Requirements:** Bring an apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6440 after registering to make us aware of any food allergies your child has. This is a 90 minute class.

Ages: 7-9 years

Dates: Wednesdays, starting on January 22
or Fridays, starting on January 24

Time: 4:30 - 6:00 pm

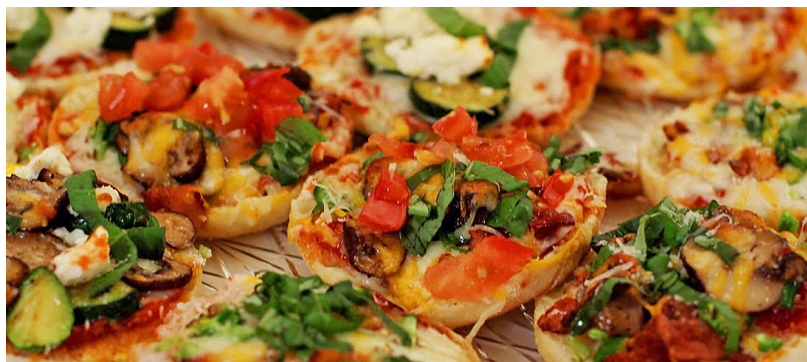
Ages: 10-12 years

Dates: Thursdays, starting on January 23

Time: 4:30 - 6:00 pm

Location: School 16
759 North Broadway

Fee: \$95 for 8 classes, Non-residents: \$120



See registration details on page 7



YOUTH/TEEN RECREATION



Fun-Tech

Instructors: Ayana Thomas & Langston Masingale

Junior engineers explore and experience STEAM: Science, Technology, Engineering, Arts and Math through take-home projects that include chemistry, computing, engineering and electronics themes. Learn about advance slime making, introductory robotics techniques, photo technology (such as stop motion animation), fun physics projects (such as self-propelled vehicles) and lessons on electronics. Students will enjoy a fun learning experience in a safe environment that includes interactive music and media.

Maximum of 15 students per class. Supply Fee: \$20 cash per student due at first class. Requirements: Bring your apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back. Call 377-6440 after registering to make us aware of allergies your child may have, or if he/she has any special accommodations.

Ages/Time: 7-9, 10:00 am - 11:00 am
10-12, 11:15 am - 12:15 pm
5-6, 12:30 am - 1:30 pm

Dates: 10 Saturdays, starting January 18

Fee: \$85 for 10 classes, Non-residents \$110

Location: Roosevelt High School
631 Tuckahoe Road

Teen Recreation Centers

A free, drop-in recreation program for Yonkers Residents 13 - 17 years of age. Participants have the opportunity to take part in basketball, board games and other fun activities while socializing in a safe, well-staffed environment.

December 2, 2019 through April 4, 2020

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

School 22 - 1408 Nepperhan Avenue

TUESDAY

School 13 - 195 McLean Avenue

WEDNESDAY

School 25 - 579 Warburton Avenue

THURSDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

Cross Hill Academy - 160 Bolmer Avenue

FRIDAY

Hostos School - 75 Morris Street

Enrico Fermi School - 27 Popular Street

Yonkers H.S. - 150 Rockland Avenue

SATURDAY

School 13 - 195 McLean Avenue

School 25 - 579 Warburton Avenue

Dodson School - 105 Avondale Road

For additional information call (914) 377-6440.

YOUTH/TEEN RECREATION



Red Bulls YOUTH PROGRAMS

Register now for 2020 NYRB Soccer Camps

Learn and master skills in a fun environment designed to keep players invested in their own development long after camp ends.

On-line Registration for Spring and Summer begins on January 15, 2020.

ALL CAMPERS RECEIVE

- Adidas soccer ball
- Red Bulls T-Shirt
- Certificate of Achievement signed by the Red Bulls team
- Complimentary ticket to a Red Bulls game at Red Bull Arena

Visit www.redbullsacademy.com. Enter your zip code to search for City of Yonkers camps.

For additional information call 888-370-7287 or e-mail: training@newyorkredbulls.com.

Ages/Time: 6-14, 9:00 am - 12:00 noon (Half Day)
or 7-14, 9:00 am - 3:00 pm (Full Day)

Dates:

SPRING BREAK CAMP

One Week: April 6 -10

SUMMER CAMP

Week #1 June 29 - July 2 4 day camp

Week #2 July 6 - 10 5 days

Week #3 July 13 - 17 5 Days

Week #4 July 20 - 24 5 days

Week #5 July 27 - 31 5 days

Week #6 Aug 31 - Sept 4 5 days Pre-Season Training

Location: Fleming Field soccer comple
Fillmore Street, off Prescott Street



YOUTH/TEEN RECREATION

2020 U.S. Sports Institute Programs Spring, Summer & Fall

A variety of programs for children ages 2-12.

Parent & Me Squirts (Ages 2-3 with a helping hand from Mom or Dad).

- Soccer
- Multi-Sports
- T-Ball

Sports Squirts (Ages 3 and 4)

- Basketball
- Golf
- Multi-Sports
- Soccer
- T-Ball
- Tennis

For Older Athletes (Ages 5-12 ,varies by program)

- Golf
- Multi-Sports
- Soccer
- T-Ball

Camps and other programs are dedicated to children of all skill levels.

The emphasis is on learning, good sportsmanship, teamwork and, most of all, fun!

Registration begins on January 15.

For more information and to register, visit www.USSportsinstitute.com
or call 732-563-2520.



ADULT RECREATION

Adult Open Gym Basketball

A free drop-in open gym basketball program for Yonkers Residents 18+ years of age.

December 2, 2019 through April 4, 2020

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

Dodson - 105 Avondale Road

WEDNESDAY

Palisade Prep - 201 Palisade Avenue

Yonkers H.S. - 150 Rockland Avenue

THURSDAY

Yonkers H.S. - 150 Rockland Avenue

FRIDAY

School 13 - 195 McLean Avenue

Cross Hill Academy - 160 Bolmer Avenue

SATURDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

For additional information call (914) 377-6450.



Adult Non-Competitive Basketball League

Teams consisting of Yonkers Residents can play organized games in one of two leagues. There are no awards in this league as all teams play for enjoyment and exercise aspects only. Games are played at 7:00 PM and 8:15 PM. A nominal fee is required for each team.

December 3, 2019 through March 31, 2020

6:30 - 9:30 pm

TUESDAY

Yonkers H.S. - 150 Rockland Avenue

For additional information call (914) 377-6450.



ADULT RECREATION



SHiNE DANCE FITNESS™

Instructor: Denise Velazquez

SHiNE DANCE FITNESS™ is a fun, upbeat workout - the perfect balance of cardio, toning & strength in every class! Every SHiNE routine is designed to get students "out of their head" and into their bodies with original choreography rooted in traditional jazz, ballet & hip-hop. Perfect for beginners and seasoned dancers alike, SHiNE is for everybody and everybody! Please wear comfortable clothes, supportive shoes, bring water & a smile! Mat optional. See you on the dance floor!"

Dates: Thursdays, starting January 23

Time: 7:00 - 8:00 pm

Location: Yonkers Montessori Academy Auditorium
160 Woodlawn Avenue

Fee: \$100 for 12 classes, Non-residents \$125

Slimmersize with a touch of Zumba® Fitness

Instructor: Lydia M. Otero

This class combines a 30 minutes of Zumba and 30 minutes of toning exercises that use resistance tubing and weights. Come join this combination of fitness and get to your "slimmer size"! **Requirements:** Bring 2-5lb weights and a mat or towel.

Dates: Thursdays, starting January 23

Time: 7:00 – 8:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

Fee: \$100 for 12 classes, Non-residents \$125

Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/ International rhythms and dance steps of Zumba.

Requirements: Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

Dates: Wednesdays, starting January 29

Time: 7:15 - 8:35 pm

Location: Cola Center at Untermyer Park
945 North Broadway

Fee: \$100 for 12 classes, Non-residents \$125

Morning W.O.N.D.E.R. with a touch of Zumba® Gold

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music, and with a touch of Zumba Gold, you'll have a blast while feeling fit fast! **Requirements:** bring a volleyball-size ball, mat or towel, and 1-5 lb weights.

Dates: Fridays, starting January 24

Time: 9:15 - 10:15 am

Location: Cola Center at Untermyer Park
945 North Broadway

Fee: \$100 for 12 classes, Non-residents \$125

See registration details on page 7



ADULT RECREATION

Adventures in Painting 101

Instructor: Diane Capasso

Have you always been interested in painting? Now is your chance to discover the painter in you! This class will unleash your creativity. PLEASE NOTE: There is a \$20 supply fee that is due to the instructor the first day of class.

Dates: 12 Wednesdays, starting on January 22

Time: 6:30 - 7:30 pm

Location: Bernice Spreckman Community Center,
777 McLean Avenue

Fee: \$100 for 12 classes, Non-residents \$125

Acoustic Guitar

Instructor: Rob Hall

An introduction to Acoustic Guitar for absolute beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: Mondays, starting on January 27

Time: 8:05 - 9:05 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

Fee: \$100 for 12 classes, Non-residents: \$125

Vinyasa Yoga Level 1/2

Instructor: Violaine Herlitz

Yoga practices that coordinate breath and movement into a series of poses followed by a soothing deep relaxation. Focuses on proper body alignment, and stretches and strengthens the entire body. This class is for all fitness levels.

Requirements: mat, blankets and pillows as needed for support and comfort.

Dates: Tuesdays, starting on January 30

Time: 6:45 - 8:00 pm

Location: Cola Center at Untermyer Park
945 North Broadway

Fee: \$100 for 12 classes, Non-residents: \$125



See registration details on page 7



ADULT RECREATION

Dance Exercise with a touch of Zumba® Toning

Instructor: Diane Capurso

This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. With a touch of Zumba Toning you'll have a blast working your muscles while your body hustles!

Requirements: Bring a mat or towel and 1-5 lb weights or toning sticks.

Dates: Wednesdays, starting January 29

Time: 5:45 - 7:00 pm

Location: Cola Center at Untermeyer Park
945 North Broadway

Fee: \$100 for 12 classes, Non-residents \$125



Training Mat Workout

Instructor: Kimberly Caso

This amazing workout is made up of the best waist slimming exercises to define your abs, strengthen your legs and stomach strengthening. Please bring a mat, bottle of water and a great attitude!

Dates: 12 Mondays, starting on January 20

Time: 6:45 pm-7:45 pm

Location: Yonkers Montessori Academy
Auditorium
160 Woodlawn Avenue

Fee: \$100 for 12 classes, Non-residents
\$125

Tennis

Instructor: Jon Lee

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. **Requirements:** Wear sneakers and bring a tennis racquet.

Dates: Wednesdays, starting on January 22

Level/Time: Beginner – 7:15 - 8:30 pm

Intermediate – 8:30 - 9:45 pm

Location: Cross Hill Academy
160 Bolmer Avenue
Use rear entrance driveway,
off western end of Odell Avenue

Fee: \$100 for 12 classes, Non-residents \$125

AQUATICS

The Mark Twain Pool and the Yonkers Department of Parks, Recreation and Conservation are an approved Training Center for the Starfish Aquatics Institute and an Authorized Provider for StarGuard™ and StarFish Swimming™. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's age's 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team. Inside this guide, you will find the curriculum used in the StarBabies™/ StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

StarBabies™ and StarTots™

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

STAGE WHITE: Trust and Comfort

Safety Skill: Understand constant and dedicated surveillance.

Swim Skill: Parent and child are relaxed and confident, and enjoy being in the water together.

STAGE RED: Body Positions

Safety Skill: Fit and properly put a lifejacket on the child.

Swim Skill: Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

BUT REMEMBER: *Supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water.*

The Starfish Swimming logo, Starfish Swimming word mark, and Starfish Swim School word mark are registered trademarks of SAI. The StarBabies, StarTots, and Starfish Stroke School word marks are trademarks of SAI.

STAGE YELLOW: Submersion

Safety Skill: Use flotation to help someone in the water and know how to call 911.

Swim Skill: Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

STAGE BLUE: Air Recovery and Rollover

Safety Skill: Identify six methods of preventing recreational water illness.

Swim Skill: Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

STAGE GREEN: Forward Movement

Safety Skill: Know about infant and child CPR.

Swim Skill: Move through the water independently 10 feet, with or without flotation.



AQUATICS

Starfish Swim School®

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

STAGE WHITE: Trust and Submersion

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Assisted submersion, relaxed, 5 seconds and then come up to breathe.

STAGE RED: Body Position and Air Recovery

Safety Skill: Put on a lifejacket, float on back, kick 20 feet.

Swim Skill: Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

STAGE YELLOW: Submersion

Safety Skill: Reach or Throw (Don't Go) and know how to call 911.

Swim Skill: Jump in, submerge; recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

STAGE BLUE: Body Rotation

Safety Skill: Tread water 15 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet.

STAGE GREEN: Integrated Movement

Safety Skill: Survival float and tread water for 30 seconds.

Swim Skill: Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

STAGE WHITE: Freestyle, Introduction to Backstroke

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

STAGE RED: Backstroke, Introduction to Butterfly

Safety Skill: Put on a lifejacket while in the water, kick 30 feet.

Swim Skill: Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

STAGE YELLOW: Butterfly

Safety Skill: Scenario assist and know when and how to call 911.

Swim Skill: Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

STAGE BLUE: Breaststroke

Safety Skill: Discuss the Starfish safety concepts.

Swim Skill: Swim 30 feet breaststroke with good timing and extension.

STAGE GREEN: Endurance

Safety Skill: Tread water or survival float for 2 minutes.

Swim Skill: Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

AQUATICS

The Mark Twain Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider

for Starguard™ & Starfish Swimming™

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

SWIM PLACEMENT: Wed., March 4, 6:00 - 8:00 pm, Mark Twain Pool, 160 Woodlawn Avenue.

ONLINE REGISTRATION: Thurs., March 5, 8:00 pm register.communitypass.net/yonkers. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

Fee: \$120. Non-residents \$150.

All participants MUST PASS EACH COLOR LEVEL before moving on to next level.

| CORE SKILL ACHIEVEMENT STAGES | | | | | SPECIALTY COURSES | |
|---|---|--|---|---|---|---|
| White | Red | Yellow | Blue | Green | Stroke School | Starfish Swim Clinic |
| If the student is afraid of water, can't swim at all and will not get face wet... SIGN UP FOR WHITE GROUP | If the student can't swim without support but loves the water, will get face wet and will jump in SIGN UP FOR RED GROUP | If the student is not afraid, can float on front and back and can jump in and return to surface SIGN UP FOR YELLOW GROUP | If the student can swim underwater or on the surface, and can get an occasional breath SIGN UP FOR BLUE GROUP | If the student can tread water for at least 15 seconds, and can swim freestyle with rotary (side) breathing SIGN UP FOR GREEN GROUP | If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly SIGN UP FOR STROKE SCHOOL | If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques SIGN UP FOR STARFISH SWIM CLINIC |

WHITE/RED
Mark Twain Pool
Monday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Tuesday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Wednesday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Thursday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Saturday
W - 11:00 - 11:30 am
R - 11:30 am - 12:00 pm

YELLOW
Mark Twain Pool
Monday
6:35 - 7:05 pm
Tuesday
6:35 - 7:05 pm
Wednesday
6:35 - 7:05 pm
Thursday
6:35 - 7:05 pm
Saturday
11:30 am - 12:00 pm

BLUE
Mark Twain Pool
Monday
7:05 - 7:50 pm
Tuesday
7:05 - 7:50 pm
Wednesday
7:05 - 7:50 pm
Thursday
7:05 - 7:50 pm
Saturday
12:00 - 12:45 pm

GREEN
Mark Twain Pool
Monday
7:05 - 7:50 pm
Tuesday
7:05 - 7:50 pm
Wednesday
7:05 - 7:50 pm
Thursday
7:05 - 7:50 pm
Saturday
12:00 - 12:45 pm

Classes start the week of March 14th. Please look at your receipt for details.



AQUATICS

StarBabies™

(Adult & Infant ages 6 months - 18 months)

Days: 8 Fridays, starting on March 20

Time: 6:15 - 6:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$110, Non-residents: \$140

StarTots™

(Adult and Toddler ages 18 months - 48 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Days: 8 Fridays, starting on March 20

Time: 6:45 - 7:15 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$110, Non-residents: \$140

Learn To Swim for the Developmentally Disabled

Enjoy a half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If a child needs a one on one ratio, parent MUST accompany child in water.

Ages: 5 - 16 years old

Dates: 8 Saturdays, starting on March 14

Time: 12:45 - 1:15 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$109, Non-residents: \$134

Starfish Swim School® for Preschoolers (Ages 3 and 4)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Saturdays, starting on March 14

8 Mondays, starting on March 16

8 Tuesdays, starting on March 17

8 Wednesdays, starting on March 18

8 Thursdays, starting on March 19

Time: Saturday 11:00 - 11:35 am

Monday 6:05 - 6:35 pm

Tuesday 6:05 - 6:35 pm

Wednesday 6:05 - 6:35 pm

Thursday 6:05 - 6:35 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150



AQUATICS

Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Stages are as follows: White, Red, Yellow, Blue, and Green. All participants **MUST PASS** Swim School Green in order to register for stroke school OR have been water tested.

Please look at class description on registration website for start dates.

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Starfish Swim Clinic™

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

Days: 8 Saturdays, starting on March 14 and 8 Tuesdays starting March 17

Time: 12:00 - 12:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$150, Non-residents: \$180

Starfish Swim/Stroke School® for Teens (Ages 13-17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing

the five basic core swimming competencies using principles of adult learning. Stroke School will teach / refine all four competitive strokes.

Days: 8 Saturdays, starting on March 14

Time: Swim School - Sat., 11:00 - 11:45 am
Stroke School - Sat., 12:00 - 12:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

| <p>White (Freestyle) Red (Backstroke) <i>Must pass ALL swim school benchmarks in order to register</i></p> <p>Monday W 6:15 - 7:00 pm</p> <p>Tuesday W/R 6:15 - 7:00 pm</p> <p>Wednesday W/R 6:15 - 7:00 pm</p> <p>Thursday W/R 6:15 - 7:00 pm</p> <p>Friday R 6:15 - 7:00 pm</p> <p>Saturday W 11:00 - 11:45 am R 11:00 - 11:45 am</p> | <p>Yellow (Butterfly) Blue (Breaststroke) *Green (Endurance) <i>*Must pass W/R/Y/B stroke benchmarks in order to register</i></p> <p>Monday Y 7:05 - 7:50 pm B 7:05 - 7:50 pm</p> <p>Tuesday *G 7:05 - 7:50 pm</p> <p>Wednesday Y/B 7:05 - 7:50 pm</p> <p>Thursday *G 7:05 - 7:50 pm</p> <p>Friday Y 7:00 - 7:45 pm</p> <p>Saturday B 12:00 - 12:45 pm *G 12:00 - 12:45 pm</p> |
|--|---|
| SPECIALTY COURSES | |
| Stroke School | Starfish Swim Clinic |
| If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly | If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques |
| SIGN UP FOR STROKE SCHOOL | SIGN UP FOR STARFISH SWIM CLINIC |



AQUATICS

HydroRevolution® Total Body Workout

The Hydro Revolution Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are Aqualogix and Aquastrength® Bells and Lower Body Fins.

The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit www.hydrorevolution.com.

Dates: 8 Mondays, starting March 16

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

Dates: 8 weeks starting on Monday, March 16

Times: Mon./Wed./Fri. 8:00 - 9:30 pm
Tues./Thurs. 8:45 - 9:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$108, Non-residents: \$124

Deep H2O Aquafit

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant/resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

Dates: 8 Thursdays, starting on March 19

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Low Impact Aquacise

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

Dates: 8 Saturdays, starting on March 14

Time: 10:00 - 11:00 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Senior Aquacise

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

Dates: 8 Saturdays, starting on March 14

Time: 10:00 - 11:00 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$75, Non-residents: \$90

AQUATICS

SAF DrumsVibes

SAF Aqua DrumsVibes is a combination of drum rhythms and functional moves. Lots of fun. Play drums in the water. Every move you make will be more effective. www.drumsvibes.com

Dates: 8 Wednesdays, starting March 18

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120 Non-residents: \$150

Synchronized Swimming

Ages 9 and older (special permission required for younger swimmers). Synchronized Swimming helps intermediate and advanced swimmers alike improve their swim skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop greater comfort, ease and confidence in the water. Advanced swimmers develop greater body awareness, core control, and an improved feel for the water. **PREREQUISITE:** ability to swim 15 yards; comfort in deep water and underwater.

Dates: 8 Mondays, starting on March 16

Times: Beginners - 6:00 - 7:30 pm
Advanced - 7:30 - 9:00 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$136, Non-residents: \$166

Starfish Swim School® for Adults (Ages 18+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

Dates: 8 Tuesdays starting March 17 or
8 Saturdays starting on March 14

Time: Tues. 8:00 - 8:45 pm
Sat. 11:00 - 11:45 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Starfish Stroke School® for Adults (Ages 18+)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

Dates: 8 Mondays starting March 16

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Aqua Zumba®

Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together for a great fun workout. Just add water!

Dates: 8 Wednesdays, starting on March 18

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150



AQUATICS

Yonkers Masters Swim Club (Ages 18+)

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit www.yonkersmasters.com.

Dates: Year-round program

Times: Tues./Thurs. 8:00 - 9:30 pm
Saturday 9:30 - 11:00 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

Dates: 8 Fridays, starting on March 20

Time: 7:45 - 9:30 pm

Fee: Adult \$65 Child \$35
Non-residents: Adult \$90 Child \$60

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

STARGUARD™ Lifeguard Training (Ages 16+)

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR. For more information, please call 377-6439.

Day/Time: Tuesday, 6:00 - 9:00 pm

Pretest: Monday, March 4 at 7:00 pm

CONDORS SWIM CLUB IN YONKERS



From Beginner to National Level:

- Build confidence and self-esteem
- Better concentration in school and in team sports
- Learn and develop all four competitive strokes
- Increase balance, coordination, and all around fitness levels
- Train with Coaches and Swimmers who have achieved Olympic Trials and Nationals time standards, as well as Zone Team qualifiers and Junior Olympic qualifying athletes!

Contact Us:

Jon Hulbert, Mark Twain Head Coach
Phone: 845-638-4381 Ext. 704 • Email: Jon@Condors.org

Mark Twain Pool

Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

www.Condors.org



EDWARD J. MURRAY MEMORIAL SKATING CENTER

(914) 377-6469 • 348 Tuckahoe Road • Yonkers, NY 10710

Public Skating Admissions

General Admission..... \$11.00
Senior Citizen \$3.00
Skate Rental \$4.00

BIRTHDAY PARTIES

**Celebrate your birthday
with an ice skating party!**

**For more information,
please call (914) 377-6469.**

Public Skating Sessions

Tuesday, Wednesday & Thursday

9:30 am – 12:30 pm

Friday

9:30 am – 12:30 pm & 8:30 – 10:30 pm

Saturday

11:00 am – 2:00 pm & 8:30 – 10:30 pm

Sunday

12:00 – 3:00 pm

Please call the rink for holiday hours and closures

Semester II: January 2020 – April 2020
Classes offered Sundays & Saturdays

ICE RENTAL TIMES AVAILABLE!

*The Rink is available to rent for all your event needs.
For more information, please call (914) 377-6469.*

The Ice Skating Institute Method: All students begin lessons at the Tot, Skate 1, or 2 Level learning basic skills necessary to progress to Alpha Level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level.

Register online at register.communitypass.net/yonkers.

Tot/Skate 1 "Trial" Evaluation Class

Ages: 4 - 14 years – (First time skaters)

Fee for Trial Class: \$15

Pre-registration is REQUIRED for the Trial Lesson.

Tot Class

Ages: 4 - 6 years - Beginners

Skate 1 and Skate 2 Class

Ages: 7 – 14 years

Skate 1 – Beginners

Skate 2 – Returning Students

TOT, SKATE 1 & SKATE 2 CLASSES

Dates: Sundays, starting January 6
Saturdays, starting January 5
Classes 1/2 hour in length

Times & Fees: Sunday, 10:50 am - 11:20 am
11:20 am - 11:50 am
15 weeks - \$225

Saturday, 9:45 am - 10:15 am
10:15 am - 10:45 am
16 weeks - \$240



EDWARD J. MURRAY MEMORIAL SKATING CENTER

Alpha, Beta, Gamma and Delta Classes

Dates: Saturdays, starting January 5

Time: 9:15 am - 9:45 am

Fee: \$256 - 16 weeks
Classes 1/2 hour in length

Freestyle 1 – 8 Classes

Dates: Saturdays, starting January 5

Level/Times: Freestyle 1-4, Saturday, 8:30 - 9:15 am
Freestyle 5-8, Saturday, 7:45 - 8:30 am

Fee: \$288 - 16 weeks
Classes 45 minutes in length

Adult Open Hockey

Players may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free!

Dates: Tuesdays & Thursdays, All season
12:40 pm - 2:40 pm
Fridays and Saturdays, All season
10:40 pm - 12:40 am

Ages: 18+ years

Fee: \$15, per person/per session





**JUNIOR
RANGERS**



**ROOKIE
SERIES**

HOCKEY STARTS HERE

Take the Ice. Learn the Basics. Play the Game.

Join us for the Junior Rangers Rookie Series as we get your child on the ice experiencing the fun and excitement of hockey. Our Rookie Series includes three levels of play designed to introduce your child to this amazing sport as well as provide the early developmental training needed to keep them into the game.

Available at **40+ convenient locations** across the Tri-State area

TRY HOCKEY FOR FREE

Ages 5-9

First, we get them out on the ice!

Let's get your child playing some hockey, moving in the gear and discovering whether this sport is the right one for them.

Each Session Includes:

- Free rental skates and loaner equipment
- Professional instruction alongside Rangers alumni
- Free Rangers hockey stick for our participants to take home
- Post-skate meet & greet with NYR alumni

LEARN TO PLAY

Ages 5-9

Get the basics down!

Here, your child learns and practices the game. Skating, shooting, handling, passing, teamwork - just a few of the areas covered in our 10-week program.

The Program's \$215 Fee Includes:

- Family-friendly schedule with 10 weeks of 1-hour sessions
- Professional instruction alongside NYR staff and Rangers alumni
- Plus, a full FREE set of equipment, including skates, for first time hockey players

ROOKIE LEAGUE

Ages 8-10

Let's take it up a notch!

They know the basics, and now it's time to add a little friendly competition to the mix. This is an affordable, age-appropriate league where your child continues to get time on the ice, play hockey and develop their skills for the future.

The League's \$325 Fee Includes:

- 10 cross-ice games and 10 practices per season, all led by NYR staff
- No long distance travel, all games hosted at your local rink
- Junior Rangers jersey
- Celebratory Junior Rangers Jamboree at the end of each season

Sign up at newyorkrangers.com/junior

PROJECT FRIENDSHIP

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. For all school aged/workshop participants an Individual Evaluation Plan and/or Individual Service Plan is required for acceptance into the program. We encourage all participants to have OPWDD eligibility. The City of Yonkers is a waiver program. All participants must be toilet trained. Please call (914) 377-6438 with any questions. Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335. Please note: There will be an additional fee for bowling and some special events planned during the course of the year. Please note - if the participant is on the Medicaid waiver an ISP addendum and an approval letter needs to be submitted. No admission or readmission to this program is final until determined by the Parks Department.

ART THERAPY

Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 1:00 – 2:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

BOWLING

Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

Age: Adults \$9.00 per 2 games

Day: Fridays

Time: 3:30 – 5:30 pm

Location: Paradise Lanes
790 Yonkers Avenue

CREATIVE PAINTERS

This class is wonderful opportunity to experience a multitude of art styles. Come join in on the fun!

Age: Children and Teens

Day: Program meets twice a month on Fridays

Time: 6:00 – 7:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

CREATIVE WRITING

A program that explores your creativity, and at the end of the program your loved one will bring home a keepsake.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

DELIGHTFUL DINING

Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

Age: Children and Teens

Date: Program meets twice a month-first and third Saturdays

Time: 3:00 – 4:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

ENERGETIC EXERCISE

An upbeat fitness program for participants to enjoy.

Age: Children and Teens

Date: Program meets twice a month on Saturdays

Time: 3:00 – 4:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

HERO TENNIS

This program is designed to promote a participant's coordination and agility skills.

Age: Children, Teens, Teens and Adults

Days: Program meets weekly on Saturdays

Time: 11:00 – 12:00 pm

Location: Montessori 11 Gym
160 Woodlawn Avenue

MUSIC THERAPY

Participants will use music to explore and improve physical, psychological, cognitive and social functioning

Age: Children and Teens

Day: Program meets twice a month every other Saturday

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

SPECIAL OLYMPICS

Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to Teens and adults during the months of October through mid-May.

Age: Teens and Adults

Day: Saturdays

Time: 9:00 – 11:00 AM

Location: Montessori 11 Gym
160 Woodlawn Avenue

STORYTELLING

Join us as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

Age: Children and Teens

Day: Saturdays

Time: 12:30 – 1:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

THEATRE WORKSHOP

Learn the wonderful craft of drama, self-expression and miming.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 1:00 – 2:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

YOGA

The program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

Age: Children and Teens

Day: Program meets twice a month on Fridays

Time: 6:00 – 7:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

YOUNG ADULTS CLUB

A social program for developmentally disabled Teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing and much more.

Age: Teens and Adults

Day: Tuesdays

Time: 7:00 – 9:00 pm

Location: Bernice Spreckman Community Ctr.
777 McLean Avenue

ZUMBA

This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 7:00 – 8:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

A multitude of special event activities will be planned throughout the year. For additional information please call 377-6438.

PLEASE NOTE: Project Friendship programs begin the second week in October.



SENIOR CITIZEN RECREATION

The Yonkers Senior Centers are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60+ years and \$25 per year for Non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the Leader. The Specialist Programs are free recreation classes including fitness and artistic classes. This program is open to residents 60+ years. Registration is not required. Simply drop in and take a class.

For more information on our senior programs, classes, and events call 377-6443

SENIOR GROUP #2

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

Phone: 337-1500, press 348

Monday – Friday 12:30 – 4:30 pm

This site is in a small room which allows for a coffee hour, card playing and Mahjong.

SENIOR GROUP #3

Bernice Spreckman Community Center – 777 McLean Avenue

Phone: 377-6472

Monday – Friday 12:00 – 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, coffee hour and organized parties.

SENIOR GROUP #4

Charles Cola Community Center – 945 North Broadway

Phone: 377-6483

Mondays, Wednesdays, and Fridays 12:30 – 4:30 pm

This site offers arts and crafts, bridge, bingo, card playing, drawing, and many parties.

SENIOR GROUP #6

Bryn Mawr Church Hall – 20 Buckingham Road

Phone: 377-6478

Mondays and Wednesdays 12:00 – 4:30 pm

This site offers bingo, exercise and many parties.

SENIOR GROUP #7

St. Mark's Hall – 1373 Nepperhan Avenue

Phone: 377-6479

Tuesdays and Fridays 11:30 am – 4:30 pm

This site offers bingo, card playing, watercolor painting classes, and parties.

SENIOR GROUP #8

Runyon House – 21 Runyon Avenue

Phone: 969-2733

Wednesdays 11:30 am – 4:30 pm

This site offers card playing, Tripoly, exercise, bingo, and parties.

SENIOR GROUP #10

Bronx River Road (Scotti) Community Center –

680 Bronx River Road

Mondays – Wednesday and Fridays 11:30 – 3:30 pm

Phone: 377-6486

This site offers bingo, card playing, exercise, arts and crafts and parties. *Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Community Center – 140 Fillmore Street

Phone: 377-6475

Mondays – Fridays 12:00 – 4:00 pm

This is a multi-room site which offers: billiards, bingo, card playing, exercise, yoga, line dancing, watercolor, bocce, computer classes, and a coffee hour.

SENIOR GROUP #14

Northeast Jewish Center Hall – 11 Salisbury Road

Phone: 377-6491

Thursdays 12:30 – 4:30 pm

This site offers Mahjong, luncheons, and trips.

SENIOR GROUP #15

Nepperhan Community Center – 342 Warburton Avenue

Phone: 965-0203

Tuesdays and Thursdays 12:00 – 4:00 pm

This site offers Pokeno, Tripoly, exercise and crafts.

*Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Our Lady of Fatima – 5 Strathmore Road

Phone: 255-4269

Mondays and Tuesdays

12:00 – 4:00 pm

This site offers Mahjong, art, and exercise classes



SENIOR CITIZEN RECREATION



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older. Bingo schedule subject to change. Please call ahead center to confirm schedule.

TUESDAY

Bernice Spreckman Community Center

777 McLean Avenue
1:00 pm
377-6472

St. Mark's Church Hall

1373 Nepperhan Avenue
1:00 pm
377-6479

WEDNESDAY

Bryn Mawr Church Hall

20 Buckingham Road
12:00 pm
377-6478

Nodine Hill Community Center

140 Fillmore Street
12:30 pm
377-6475

Runyon Community House

21 Runyon Avenue
1:00 pm
969-2733

[once a month usually the 3rd Wednesday of the month]

THURSDAY

Bernice Spreckman Community Center

777 McLean Avenue
1:00 pm
377-6472

[once a month usually the 3rd Thursday of the Month is their Big Bingo Bonanza.]

FRIDAY

Bronx River Road Community Center

680 Bronx River Road
1:00 pm
377-6486

There is also bingo before the 12:00 noon lunch program. Lunch program available through Yonkers Office for the Aging. For information please call 377-6822.

SENIOR CITIZEN RECREATION

HEALTH & WELLNESS

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call (914) 377-6443.

MONDAYS

ACTIVE HEALTHY HEARTS

Instructor: Kimberly Caso
12:45 - 1:45 pm, starting February 3
Our Lady of Fatima
5 Strathmore Road

TUESDAYS

EXERCISE

Instructor: Cathy McMahon
1:00 - 2:00 pm, starting February 4
Nepperhan Community Center
342 Warburton Avenue

YOGA

Instructor: Violaine Herlitz
1:00 - 2:00 pm, starting February 25
Nodine Hill Community Center
140 Fillmore Street

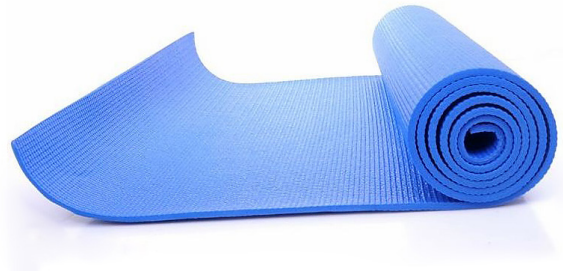
WEDNESDAYS

ACTIVE HEALTHY HEARTS

Instructor: Kimberly Caso
11:00 am - 12:00 pm, starting February 5
Bryn Mawr Church
20 Buckingham Road

EXERCISE

Instructor: Cathy McMahon
12:00 - 1:00 pm, starting February 5
Runyon House Community Center
21 Runyon Avenue



THURSDAYS

SILVER STARS WALKING AND EXERCISE

Instructor: Cathy McMahon
10:00 - 11:00 am, starting March 19 (skips 5/9)
Tibbetts Brook Park - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for one hour. Walk at your own pace with the group and make some new friends!

YOGA

Instructor: Violaine Herlitz
12:00 - 1:00pm, starting February 27
Bernice Spreckman Community Center
777 McLean Avenue

FRIDAYS

ACTIVE HEALTHY HEARTS

Instructor: Kimberly Caso
11:00 AM - 12:00 pm, starting February 7
Charles A. Cola Community Center
945 North Broadway

EXERCISE

Instructor: Cathy McMahon
12:00 - 1:00 pm, starting February 7
St. Mark's Church Hall
1373 Nepperhan Avenue

ACTIVE HEALTHY HEARTS

Instructor: Kimberly Caso
12:45 - 1:45 pm, starting February 7
Bronx River Community Center
680 Bronx River Road

STAY STRONG AND FIT

Instructor: Barbara Gallo
12:30 - 1:30 pm, starting April 3
Bernice Spreckman Community Center
777 McLean Avenue



SENIOR CITIZEN RECREATION

LINE DANCING

Instructor: Diane Capurso

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs, please call 377-6443.

MONDAYS

Bernice Spreckman Community Center
777 McLean Avenue

12:15 - 1:30 pm: Beginners/Intermediate

Dates: February 24 to June 1
(No classes the first Monday of the month and May 25)

Charles A. Cola Community Center
945 North Broadway

12:15 - 1:30 pm: Intermediate

Dates: 1st Monday of the Month:
February to June

TUESDAYS

Our Lady of Fatima

5 Strathmore Road

12:30 - 1:30 pm: Beginners Plus

Dates: (last Tuesday of the month)
January to May

THURSDAYS

Charles A. Cola Community Center
945 North Broadway

12:15 - 1:30 pm: Intermediate

Dates: February 13, March 19, April 16,
May 14, June 11

FRIDAYS

Nodine Hill Community Center
140 Fillmore Street

12:15 - 1:30 pm: Advanced

Dates: February 28 to May 15
(No classes on March 27 & April 10)

BERNICE SPRECKMAN DANCERS

Volunteer Instructor: Barbara Gallo

Some dance experience is preferred. Dancers who enjoy performing are encouraged to join!

Bernice Spreckman Community Center
777 McLean Avenue

1:30 pm

Dates: Fridays, April 3 - June 26

Art classes resume in April 2020

Spring Dance

SENIOR CITIZEN SPRING DANCE

Theme: TBD

Thursday, April 9, 2020

10:00 AM - 2:00 PM

Free admission, entertainment, and surprises!

COYNE PARK RIFLE & PISTOL RANGE

**771 McLean Avenue
Yonkers, NY 10704
(914) 377-6488
www.coyneparkrange.net**

The Coyne Park Range is an indoor shooting range conveniently located in southeast Yonkers. A public range welcome to all recreational shooters and law enforcement personnel.

If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Hours of Operation December 1, 2018 thru March 31, 2019

Mondays & Wednesdays: 5:00 - 10:00 pm

Fridays: 10:00 am - 10:00 pm

Saturdays & Sundays: 12:00 - 6:00 pm

Closed on Tuesdays & Thursdays

Hours of Operation April 1, 2019 thru November 30, 2019

Mondays & Wednesdays: 10:00 am - 10:00 pm

Tuesdays & Thursdays: 5:00 pm - 10:00 pm

Closed on Friday, Saturday & Sunday

Residents and Non-residents: \$20 per hour

Yearly memberships available, Residents \$275, Non-residents \$500

Eye and Ear Protection: \$3 each

Rifle Rental: \$60 per person includes 100 rounds of ammunition, eye and ear protection, instruction, and one hour admission.

NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. They are by appointment only and typically involve one-on-one instruction.

Pistol Safety Course Special

Fee: \$125 for Residents and Non-residents If you complete this course you receive a discount on your

Range membership: \$150 for Yonkers Residents, \$375 for Non-residents. You must visit the Range within 30 days after receiving your permit in order to receive the discount. This is a "one-time" offer.

You will pay the regular Range membership fee when you renew. Please call (914) 377-6488 for class information.





**1000 Ridge Hill Boulevard
Yonkers, NY 10710
(914) 377-6730**

Hours of Operation

11:00 am to 4:00 pm

Adoption fees: Cats \$65 • Dogs \$80

Interested in adopting?

We are always in search of new homes for all of our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our preadoption form, which can be done at the shelter.

Adoptions include:

Spaying and neutering
Distemper shot
De-worming
Rabies shot
Dog License
and a free examination with
a participating veterinarian





City of Yonkers
Department of Parks, Recreation & Conservation
285 Nepperhan Avenue Yonkers, New York 10701

www.yonkersny.gov
register.communitypass.net/yonkers



SAVE THE DATE

SUNDAY, OCTOBER 18, 2020

 [cityofyonkers](#)
[mayormikespano](#)

 [@cityofyonkers](#)
[@mayormikespano](#)

 [@mayormikespano](#)

 [cityofyonkers](#)

 [mayormikespano](#)